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HOMEMAKERS' CHAT Wednesday, October 16, 1940

(FOR BROADCAST USE ONLY)

Subject: "WOMEN ARM WITH POTS AND PANS TO AID DEFENSE." Information from the Farm Security Administration. U. S. Department of Agriculture.

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Suppose you picked up your newspaper one day and it said "Women arm with pots and pans to aid defense," or "Women set up kitchen arsenals all over country." You'd wonder what the women were coming to, wouldn't you? So would I. But maybe we'd both think it over and decide the women had the right idea.

After all, pots and pans are as important to defense as planes and guns. Kitchens are as important as armories. Pots and pans and kitchens mean food and food means health. America needs healthy men with strong bodies and clear heads to work on farms, in factories, and in offices. Women will help see that America gets them because women are the chief guardians of the nation's health and women are on the job!

Today the Farm Security Administration reports some of the ways women with little money to spend are aiding national defense. Oddly enough, most of these women don't even know they're helping - but Uncle Sam knows it and takes off his hat to them!

There's the FSA borrower's wife in Texas who canned 540 quarts of fruits and vegetables this summer. She has them all lined up like little soldiers on her pantry shelves. "No empty shelves, no empty stomachs," she says. She has also stored some Irish potatoes, sweet potatoes, apples, turnips, onions, dried beans and peas. Her summer's work will mean a winter's food.

Another woman not only has a pantry full of peaches, plums, tomatoes, beans, peas, pickles, jams and jellies, but a cellar full of corn for cornmeal and hominy

grits, gallons of homemade lard and buckets of homemade syrup. She has two pigs fattening in the pen which will soon be curing in the smokehouse. Sometimes she even cans or dries fish. Right now she is busy making sauerkraut to keep her cabbage from wasting, canning culled hens, and storing surplus eggs in waterglass.

Women like this can put two or three kinds of food on the table every day for a week and never use the same kind twice. They don't buy it - they grow it. They use vegetables, fruit, meat, eggs, milk, and butter produced on their own farms. This means well-balanced meals and proper diet. It means no stunted bodies, hollow chests, crooked bones, or sluggish minds. It means good health!

Women who have little money to spend, must spend it wisely. Some save by grinding their own corn or wheat for cornmeal, flour and breakfast cereal. They use little hand gristmills which work simply and grind several gallons an hour. Or maybe they take their grain to a mill and have it ground in exchange for part of the grain.

Sometimes as in the case of wheat, women use the whole kernels and prepare a variety of dishes that are both tasty and healthful. First they wash the wheat thoroughly and soak it over night. Two cups of wheat to two quarts of water are about right for soaking. The next morning, they drain off the water and add several cups of boiling water and a pinch of salt. Then they either cook it in a covered saucepan on top of the stove, or put it in a pressure cooker, which is better.

Some of the ways women use cooked whole wheat are for breakfast food with cream and sugar, in vegetable soup, in meat stews, in baked tomato dishes instead of macaroni, in cookies instead of rolled oats, or as a dessert cooked with dried fruit. Many women, particularly in the southwest, like the grain sorghums and use them for many purposes. They grow them on their own farms because they are easy and cheap to raise. They usually grind them at home too, and use them to make

muffins, cookies, breakfast foods, and other dishes. They say that milo maize and kafir, for example, can be substituted measure for measure in almost any cornmeal recipe.

One woman has a good use for left-over mush. She molds it in glasses and when it is firm, slices and fries it. Sometimes she adds meat cracklings or chopped, homegrown nuts before she puts it in the molding glasses. This same woman often serves a kind of oatmeal pudding for dessert. To make it, she simply adds a little cane syrup and some raisins and cooks it awhile - but she says it's always "Mother, may I have more?" when she serves it.

Another woman has learned to make a new breakfast food. She discovered how by over-toasting a biscuit. She sprinkled the biscuit with brown sugar and left it in the oven too long. When she tasted it she noticed it had a delightful nut-like flavor. So she started experimenting. Her FSA home management supervisor dropped in and suggested she grind bread crumbs and add a little malt and brown sugar. She did and baked them in a slow oven. When they were crisp and brown, she took them out and let them cool. Later she served them with cream and sugar and her family heartily approved.

Other women around the country, no doubt are meeting their family food and health problems in equally ingenious ways. These are just a few examples reported by the Farm Security Administration. I dare say some of you know others right in your own neighborhood.

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